

AEROBICS/FITNESS/DANCE

YOGO w/Mobile Mommy Fitness (6 classes)

Preschoolers/Kindergartners love YOGO classes! Strengthen your relationship w/child and exercise together. YOGO incorporates the body disciplines of Yoga and introduces fitness to your child on the road to a healthy lifestyle. For moms and children, preschool through kindergarten.

Session I: Tues, 9:30-10:15 a.m., Mar. 31-May 5 (#10287)

Session II: Tues, 9:30-10:15 a.m., May 12-June 16 (#10288)

Location: Friendship Center, Room 112

Fee: \$68R/\$71NR/\$58M

Women's Strength Training w/Bentz (Ages 18+) (8 classes)

Tone, shape and define your body, boost energy and metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

Dates: Tues., 7-8 p.m., Mar. 31-May 19 (#10239)

OR- Thurs., 7-8 p.m., Apr. 2-May 21 (#10240)

Location: Max Fitness, 3401 N. 6th St. Harrisburg

Fee: \$65R/\$70NR

Learn Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Mon., 7:30-9 p.m., Mar. 30-Apr. 20

Location: Friendship Center, Room 106/109

Fee: \$64R/\$72NR/\$54M per cpl. (#10185)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Mar. 31-June 2

Location: Friendship Center, Room 118

Fee: \$42R/\$52NR/Free to Members! (#10223)

Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$15R/\$18NR/\$12M (#10294)

Monavie - "The Juice" Presentation

A blend of the Brazilian Acai Berry and other nutrient-dense fruits from around the world. They deliver the phytonutrients and antioxidants to maintain a healthy and active lifestyle. Come taste the product and hear what it can do for you.

Date: Wednesday, March 25, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (#10132)

ADULT SPORTS/LEISURE

Stress: Adapt or Perish w/Dr. Scott LeVan (18+)

Learn about the causes and how to improve your reactions to stress.

Date: Tuesday, March 24, 6-7 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (#10234)

Financial Planning w/Waddell & Reed

A workshop that will assist you with financial advice.

Education Funding: Tuesday, March 24, 7-8:30 p.m. (#10228)

Financial Concepts 101: Tuesday, April 14, 7-8:30 p.m. (#10229)

Location: Friendship Center, Conf. Room

Fee: \$3R/\$5NR Free to members!

Learning Problems and Hyperactivity w/Dr. Homza (16+)

Family turmoil with children, doing kids homework instead of helping, notes sent home from school?

Looking for a natural solution? Learn truths about ADD and ADHD.

Date: Thursday, March 26, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#10252)

Photography For Beginners w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Learn how to take professional looking pictures. Discover how to pose subjects and capture angles to make your subject look the best. Digital cameras suggested.

Dates: Weds., 6-7 p.m., Apr. 1-Apr. 22

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (#10191)

Advanced Photography w/Fashion Mystique (16+) (4 classes)

Take the next step in photography by learning how to manipulate and improve photos. Laptops and photoshop are suggested but not required.

Dates: Weds., 6-7 p.m., Apr. 29-May 20

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (#10190)

The Keys to Great Decorating w/Barbara Tabak

"Save Time, Money and Your Sanity With These Simple Steps." Learn the keys to great decorating w/advice on how to plan and execute a decorating project. Before and after pictures of decorated rooms.

Date: Thursday, March 26, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: \$3R/\$5NR/Free to Members (#10267)

ADULT SPORTS/LEISURE

Self Confidence Women R.O.C.K. w/Avon (16+)

Designed for anyone who is looking for a shot of confidence! How we feel about ourselves affects everything. Get ready to be inspired, laugh and discover the four best strategies for boosting self confidence.

Date: Wednesday, March 25, 6-8 p.m.

Location: Friendship Center, Room 109

Fee: \$3R/\$5NR/Free to members! (#10233)

Pink Ribbon Program™ Breast Cancer Program w/certified instructors (6 sessions)

A post-operative 1/2 hour workout program to enhance recovery from breast cancer surgery. For patients after surgery. Pilates based exercises will help maintain movement in the affected arm and shoulder and are a good follow-up to physical therapy. Lower body exercises are also included. Written doctors release required. One-on-one instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Room 115

Private: \$150R/\$155NR/\$125M (#10160)

Intro to Tae Kwon Do (Ages 16+) (8 classes)

Geared to develop basics of stances, techniques, kicks, blocks and strikes.

Dates: Sat., 11-12:30 p.m., Apr. 11-June 13

Location: Friendship Center, Room 118

Fee: \$36R/\$39NR/\$30M (#10271)

Canine Obedience Level I (6 classes)

Teaching dogs how to sit down, stay, recall from puppies to older canines.

Dates: Thurs., 7:30-8:30 p.m., Apr. 2-May 7 (#10279)

OR- Sat., 10-11 a.m., Apr. 4-May 9 (#10280)

Location: Friendship Center, Room 112

Fee: \$108R/\$111NR/\$90M

Canine Obedience Level II (6 classes)

Take beyond sit down stage-more control of dog. Getting ready for CGC (Canine Good Citizenship).

Dates: Sat., 11-12 p.m., Apr. 4-May 9

Location: Friendship Center, Room 112

Fee: \$108R/\$111NR/\$90M (#10281)



Beginner Spanish w/Bella (Ages 18+) (10 classes)

Interactive class learning four skills of reading, writing, listening and speaking.

Dates: Wed., 7-8 p.m., Apr. 1-June 3

Location: Friendship Center, Conf. Room

Fee: \$96R/\$101NR/\$80M (#10161)

Intermediate Spanish w/Bella (Ages 18+) (10 classes)

For those with some basic knowledge or prior classes.

Dates: Thurs., 7-8 p.m., Apr. 2-June 4

Location: Friendship Center, Conf. Room

Fee: \$96R/\$101NR/\$80M (#10162)

Adult Tennis w/CPTS (6 classes)

Beginner: For those who never played before. Basic stroke development and game readiness.

Dates: Mon./Wed., 6-7:15 p.m., May 11-June 1 (#10211)

Mon./Wed., 6-7:15 p.m., June 8-24 (#10212)

Intermediate: For those who want to raise their level of play with fast paced drills, situation/match play.

Dates: Mon./Wed., 7:15-8:30 p.m., May 11-June 1 (#10209)

Mon./Wed., 7:15-8:30 p.m., June 8-24 (#10210)

Location: Brightbill Park

Fee: \$53R/\$56NR

"All You Can Eat" Weight Loss Program w/Bentz

No weighing or measuring. Heart healthy! Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

Dates: By appointment

Location: Friendship Center

Fee: \$70R/\$75NR/\$65M (#10213)

Summer Volleyball League

Men and Women's Leagues begin late May-August at Koons Park. Men's AA/A/BB on Mons., Women's AA/A Tues., and Women's BB/B on Thurs.

Fee: \$250R/\$290NR per team. Call Parks and Rec., Mon.-Fri., 8-5 p.m. for more info.

Co-ed SAND Volleyball League

Co-ed Quads Sand League begins in late May at Kohl Park. AA on Monday, BB on Tuesday, and A on Thursday. Call Parks and Rec., Mon.-Fri., 8-5 p.m. for more info.

Fee: \$45R/\$50NR per person

ADULT SPORTS/LEISURE (CONT.)

Adult Golf w/ Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

Dates: Sat., 9:30-10:30 a.m., Apr. 4-May 2 (#10243)

Mon., 6-7 p.m., Apr. 20-May 18 (#10244)

Wed., 6-7 p.m., May 20-June 10 (#10245)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Sun., 3-4 p.m., Apr. 19-May 10 (#10198)

Tues., 7-8 p.m., June 2-23 (#10199)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Intermediate: Continue to develop technique.

Dates: Mon., 7-8 p.m., May 4-June 1 (#10196)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted.

Must Pre-Register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Apr. 1-June 3 (#10123)

-OR- Sat., 8-9:30 a.m., Apr. 4-June 6 (#10124)

-OR- Mon., 7:45-9:45 p.m., Mar. 30-June 1 (#10125)

Location: Friendship Center, Gym #2/#3

Fee: \$57R/\$62NR/Free to members!

Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise.

Call own fouls. Must pre-register!

Space is limited.

Dates: Thurs., 7-9 p.m., Apr. 2-June 4

(#10121)

-OR- Sat., 9:45-11:15 a.m., Apr. 4-June 6 (#10122)

Location: Friendship Center, Gym #2/#3

Fee: \$57R/\$62NR/Free to Members!



Intro to Hockey (16+) (8 classes) NEW

Four weeks of practice working on skill development for the beginning hockey player. Equipment required. Great starting class. Coed.

Session I: Sat., 11 a.m./Wed. 6 p.m., Apr. 25-May 20 (#10231)

Session II: Sat., 11 a.m./Wed. 6 p.m., May 30-June 24 (#10232)

Location: George Park In-Line Rink

Fee: \$40R/\$45NR

Active Adults (60+) Yoga Class (6 classes) NEW

This class will move your whole body through a series of yoga poses — both seated and standing with the help of chair support. It's designed to increase flexibility, balance and range of movement. Breathing exercises help with relaxation and stress reduction.

Dates: Fri., 10:30-11:30 a.m., May 8-June 12

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/\$35M (#10187)

GOLDEN & GREAT SENIOR AEROBICS

(see page 13)



HIGHMARK CLASSES

Eat Well for Life (4 classes) NEW

A lifestyle improvement program promoting wellness and long term weight management through nutrition, physical activity, and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Tues., 10:30-12 p.m., Apr. 7-28

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M (#10284)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I (4 classes) NEW

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Sat., 11-12:30 p.m., Apr. 4-May 2

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M (#10285)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

HOPE (6 classes) NEW

A lifestyle improvement program that focuses on physical activity demonstrations, nutrition information and healthy choices to prevent or manage osteoporosis.

Dates: Tues., 10:30-12 p.m., May 5-June 9

Location: Friendship Center, Room 112

Fee: \$90R/\$95NR/\$85M (# 10289)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.